

SOME DETERMINANTS *that Influence Behaviors*

EXTERNAL DETERMINANTS- those forces outside the individual that affect his or her performance of a behavior.

Skills: the set of abilities necessary to perform a particular behavior. Key skills for protective HIV behaviors include communication, negotiation, sexual refusal, condom use skills, cleaning needles, etc.

Access: encompasses the *existence* of services and products, such as condoms and needles, their *availability* to an audience and an audience's *comfort* in accessing desired types of products or using a service.

Policy: laws and regulations that affect behaviors and access to products and services. Policies affecting HIV include those regulating needle exchange; products or services to minors without parental permission; partner notification; domestic partners regulations, etc.

Culture: the set of history, customs, lifestyles, values and practices within a self-defined group. May be associated with ethnicity or with lifestyle, such as "gay" or "youth" culture.

Actual Consequences: what actually happens after performing a particular behavior.

Relationship Status: type of relationship, as categorized by the sexual partners and their community. Common categories are short-term/long-term; casual/serious; monogamous/multiple partners.

INTERNAL DETERMINANTS- the forces inside an individual's head that affect how he or she thinks or feels about a behavior.

Self-efficacy: an individual's belief that he or she can do a particular behavior.

Perceived Social Norms: perception that people important to an individual think that s/he should do the behavior; norms have two parts: who matters most to the person on a particular issue, and what s/he perceives those people think s/he should do.

Perceived Consequences: what a person thinks will happen, either positive or negative, as a result of performing a behavior.

Knowledge: basic factual knowledge about transmission of HIV, how to protect oneself from transmission, what test results mean, where to get services, etc.

Attitudes: a wide-ranging category for what an individual thinks or feels about a variety of issues. This over-arching category would include self-efficacy, perceived risk and other attitudinal factors.

Perceived Risk: a person's perception of how vulnerable they feel (to HIV, STDs, etc.)

Intentions: what an individual plans or projects s/he will do in the future; commitment to a future act. Future intention to perform a behavior is highly associated with actually performing that behavior.